



Your Path to Improved Health

FEMALE INCONTINENCE

www.erasosaphysio.com

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH – BULLFROG MALL	519.767.9950
GUELPH – HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606



Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.



1 Clarifying your Continence Concerns

Many people are confused as to the reasons behind their continence concerns. People *believe* that *incontinence*; the *involuntary loss of urine*, is a *normal* occurrence after childbirth or aging. Continence concerns are **common** but **NOT normal** and issues are varied. **Stress Incontinence (SI)** refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities.

Sometimes women get the sudden and urgent need to get to a bathroom. **Urge Incontinence (UI)** is the loss of urine that is accompanied by this sudden, urgent feeling. Often, women with urge incontinence begin to dread activities like grocery shopping or going for a long car ride. It's hard to enjoy yourself when you're always thinking of where the nearest bathroom is, and sometimes that front door just won't open fast enough.

Mixed Incontinence (MI) refers to the most common form of incontinence, which is a combination of both SI and UI.

Urinary leakage may have started off with minimal and tolerable amounts of leakage that occurred with that cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

2 Common causes of Incontinence

Continence complaints for women can result from:

- **Childbirth:** It is common but NOT normal for women to experience continence complaints after giving birth, particularly if you have experienced difficult labours, tearing or experienced additional trauma to the pelvic floor through the use of forceps or suction.
- **Aging:** It is common, but again NOT normal to notice increased incontinence with aging. This is partly due to changes in our hormones which affect the muscle and pelvic floor tissue's integrity.
- **Weak and/or tight Pelvic Floor Muscles:** The pelvic floor muscles function like all other muscles in our body. A muscle that is weak may not generate the required force to support the internal organs. In addition to weakness, a tight pelvic floor can create Trigger Points (TP) which consequently also result in weakness.
- **Pain or Trigger points (TP):** Can occur within the pelvic floor tissue, muscles, or even the surrounding abdominal muscles. These trigger points can create weakness and pain in the pelvic floor.

There is overwhelming scientific research that supports the role of physiotherapy for treating incontinence.

3 Treatment to Improve Your Health

We address the causes of continence concerns using treatments such as:

- A comprehensive assessment including a thorough review of your Bladder History
- Hands on techniques to address both external and internal muscle weakness, pain, or trigger points
- Inclusive assessment of areas that can contribute to continence concerns such as the low back, hips and bones of the pelvis, in addition to an assessment of the strength of the core abdominal muscles
- Education of the specific progression of pelvic floor exercises, the importance of hydration, and correct toileting practices
- Therapeutic modalities, when indicated, including acupuncture, muscle stimulation, and biofeedback

Most continence complaints are significantly improved with measurable changes in leakage within 8-12 weeks. Your commitment is typically 2-3 times a week for 40 minute sessions, during the first 4-6 weeks, while learning your home exercise program that is individually tailored to meet your concerns.

If your continence complaints have not resolved in a timely manner based on your diagnosis, we will work with your healthcare provider to request further tests and necessary treatment. We want to help you reach your continence goals, whether that be decreasing leakage with everyday activities, being dry during exercise, or simply not having to think about the whereabouts of a washroom.

4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home based program as a tool for you to maintain your continence achievements.

With your permission, your primary healthcare provider will also receive an overview of changes, improvements of continence and overall function.

5 Discharge Peak Review

We want you to remain at the peak of your **Path To Improved Health** and we will follow up with you on your progress upon your discharge from our clinic. Continence care can be a lifelong process, and we are here to support you as you move towards maintaining an independent program. Sometimes regressions or reoccurrences occur after exacerbating events, such as a bout of the stomach flu, a chronic cough or repetitive, heavy lifting. Should you ever experience any reoccurrence or regression in your symptoms, we invite you to return to the clinic at your convenience.

